

ACTIVITY 4: HARMONY BREAK! Mood Meter Floor Board

Mood Meter Floor Board

Time (difficulty): 10 min (medium difficulty)

Set Up

- This involves creating a large recreation of the Mood Meter on the floor (four large squares). This can be made using chalk, items that create four distinct quadrants on the ground, or anything else that uses found objects to create four quadrants.
- Participants will spread out across all four quadrants to begin.

Introduction

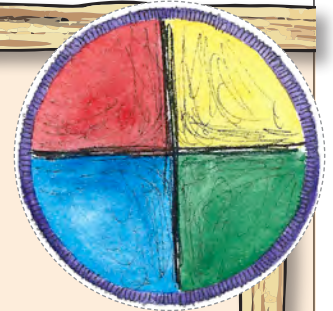
- First, someone silently chooses a quadrant on the Mood Meter and acts it out for everyone else.
- Then, a leader asks the everyone to go to the location on the Mood Meter that they think they are trying to express. Explain that there are no right or wrong answers, and that it is ok for everyone to go to different locations.

In Action

- Instead of using words, a person will express emotions using body language, facial expressions, movements, etc.
- Gradually start introducing expressions that are more complex and open to interpretation, such as playing a loud and fast drum beat, or jumping up and down.

Discussion

- After the activity, if there were emotions that everyone disagreed on, ask everyone why they think that is. Explain how emotions are different for everyone and that part of empathy is understanding how people can react to the same thing very differently.



Hey Adults! Do you have a suggestion for how to improve this activity?
Or just want to tell us how much you liked it? [Click here.](#)